

Before putting that second helping of food on your plate, calculate how much exercise you will need to do to burn it off! This chart will give you some idea of what it may take.

How Much Exercise Does It Take to Burn Off Those Thanksgiving Day Calories?

6 OUNCES OF TURKEY 340 CALORIES		➔	TURKEY TROT 5K 30 MINUTE RUN	
MASHED POTATOES & GRAVY 300 CALORIES		➔	BURPEES 60 SETS OF 10 BURPEES	
HALF CUP OF STUFFING 180 CALORIES		➔	PILATES 30 MINUTES	
CRANBERRY SAUCE 150 CALORIES		➔	STAIRMASTER (MODERATE) 20 MINUTES	
ROLL WITH BUTTER 180 CALORIES		➔	PUSHUPS 18 SETS OF 20 PUSHUPS	
PIECE OF PUMPKIN PIE 180 CALORIES		➔	ELLIPTICAL TRAINER (MODERATE) 20 MINUTES	



**Total=
1330 Calories**

ACTIVE



**Total=
148 Minutes!**